

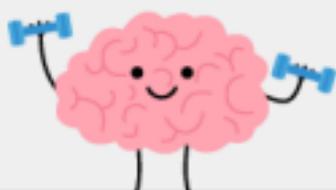


Exam Success Kit

for Muslim Students



Exams can feel overwhelming, but you are capable and Allah SWT is with you. This kit will help you manage exam stress with faith and practical strategies.



This guide will help you to:

- Understand stress and its effects.
- Recognize signs of overwhelm.
- Learn practical tips to reduce stress and improve focus.
- Discover duas for calm and strength.
- Get encouraged with a pre-exam pep talk.

What is Stress?

Let's break it down:



Stressors: These are the events or situations that cause stress, like an upcoming exam.



Stress Response: This is how your body reacts—mentally, physically, and emotionally—to stressors.



Good Stress (Eustress): Pushes you to stay focused.



Bad Stress (Distress): Overwhelms you, making it hard to focus or stay calm.



Check-in: Are You Distressed?

Frequent check-ins help you know when to take extra care of yourself.

Emotional Symptoms:

- Feeling nervous
- Feeling anxious
- Feeling overwhelmed
- Irritability / frustration
- Mood swings

Physical Symptoms:

- Headaches
- Muscle tension
- Trouble sleeping
- Upset stomach
- Increased heart rate

Behavioural Symptoms:

- Procrastination
- Eating habit changes
- Nail-biting/fidgeting
- Self-harm

Cognitive Symptoms:

- Difficulty focusing
- Negative thoughts
- Forgetfulness

Spiritual Symptoms:

- Feeling distant in faith
- Lack of motivation
- Questioning your purpose

If you've checked several boxes, it might be time to try some of our tips.

Managing Stress: *Practical Tips for Students*

Cognitive Coping Skills

- Remind yourself, “I am prepared; I’ll do my best.” Avoid negative self-talk.
- Reflect on past challenges you’ve overcome.
- Tackle one task at a time, with smaller deadlines.
- Know when to say no; prioritize studying.
- Journal your feelings for 10 minutes before exams. (*Research shows this results in improved test scores!*)

Relaxation Techniques

- **Deep Breathing:**
Breathe in for 4, hold for 4, out for 6
- **54321 Method:** Identify
 -  5 things you see
 -  4 things you touch
 -  3 things you hear
 -  2 things you smell
 -  1 things you taste
- **Progressive Muscle Relaxation:** Tense and release each muscle group from toes to head

These can be particularly helpful if you're blanking during a test.

Healthy Living Practices

- Get enough sleep
- Stay hydrated and maintain a healthy diet
- Get some movement in

Social Support

- Connect with friends, family, or mentors
- Join a study group

Spiritual Practices

- Turn to Allah (SWT) in prayer or dhikr
- Have *tawakkul* that your efforts will yield the best outcome
- Reflect on gratitude to shift your perspective
- Increase in duas

Duas for Pre-Exam

رَبِّ زِدْنِي عِلْمًا

Oh my Lord, increase me in knowledge.

اللَّهُمَّ أَخْرِجْنِي مِنْ ظُلُمَاتِ الْوَهْمِ وَ
أَكْرِمْنِي بِنُورِ الْفَهْمِ

Oh Allah, please bring me out of the darkness of doubt and bless me with the light of understanding.

رَبِّ إِنِّي مَغْلُوبٌ فَانْتَصِرْ

O Allah! I am overpowered, so help me.

اللَّهُمَّ لَا سَهْلًا إِلَّا مَا جَعَلْتَهُ سَهْلًا وَأَنْتَ
تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا

Oh Allah! Nothing is easy except what You have made easy. If You wish, You can make the difficult easy.

لِلّٰهُمَّ اَنْفَعِيْ بِمَا عَلَّمْتَنِيْ وَ عَلَّمْنِي
مَا يَنْفَعُنِي

Oh Allah! Make useful for me what you have taught me and teach me knowledge that will be useful to me.

لِلّٰهُمَّ اِنِّيْ اَسْأَلُكَ عِلْمًا نَافِعًا وَعَمَلًا
صَالِحًا وَحِفْظًا قَوِيًّا وَفَهْمًا كَامِلًا وَعَقْلًا
سَالِمًا بِرَحْمَتِكَ يَا اَرْحَمَ الرَّاحِمِيْنَ

Oh Allah, I ask You for beneficial knowledge and good deeds and a strong memory and a perfect understanding and a sound intellect by Your mercy, O the most Merciful of the merciful ones.



Pre-Exam Motivation

As you approach your exam, take a deep breath and reflect on your journey.

You've worked hard, shown up, and put in the effort—

Allah (SWT) has witnessed every moment.

Trust your preparation.

You've faced challenges before and you made it through. Remember that any difficulty is part of a greater plan. You can handle this.

You've done your part; now leave the rest to Allah. Take it one step at a time, trusting that whatever happens, you're where you need to be.

Bismillah – You've got this.



Need Additional Support?

Our goal is to provide accessible support for all individuals. If you would like book a session for more personalized support, please reach out to us at ISNA Cares.



isnacares.ca



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